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★ MAR 13 1929 ★

U. S. Department of Agriculture

Housekeepers' Chat

Friday, March 29, 1929.

Not for Publication

Subject: "Easter Breakfasts." From Bureau of Home Economics, U.S.D.A.

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Last night somebody -- name unknown -- called me on the phone and asked if I'd please talk just a little bit about Easter bonnets, before I discussed Easter breakfasts. It seems that she wants to buy a hat tomorrow, and she thought I might be able to give her a few good suggestions.

I'll try -- but I'm not an authority on fashions. Whenever I buy a hat, I take my best friend along; she it is who stands by, and keeps the salesgirl from selling me anything she pleases. For I am like putty in the hands of a high-powered salesperson. I have been known to go to town, with the intention of buying a blue hat, to match a blue coat, and to come home with a bright red creation which goes with nothing else in my wardrobe.

I carried the red hat back the next day. With tears in my voice I implored the head buyer to please exchange it for a blue. She called the salesgirl who had waited on me.

"Did you," she asked sternly, "use undue influence in selling this red hat to this little lady?"

"No, indeed, ma'am," said the salesgirl, "that's the very hat she wanted. When I tried it on her, and told her how becoming it was, she agreed to everything I said. No, indeed, ma'am, I didn't use any undue influence."

So that was that. And I still have the red hat.

A well known clothing specialist gives us this good advice about buying hats: "Choose a hat that is becoming to the face, suits the entire figure, and harmonizes with the costume. The hat need not match the dress or coat, since contrasting colors are being worn, but unless it fits in with the costume, the whole appearance is spoiled.

"The graceful and youthful hat for this season fits the head snugly, and seems to be molded to the head and face. To choose the right hat, women should consider prominent or angular features, glasses, and arrangement of hair, as well as faces and figures. The woman who wears glasses should generally avoid close-fitting hats which make the glasses too prominent. For her, and for the woman with a long narrow face, a turned-down brim is recommended. A short round-faced person looks best with a narrow brim and high crown. Angular features demand hair done low, and a hat with soft lines.



"Hair arrangement has much to do with the fit of a hat. Because knots of hair make lumps under the close-fitting hat, the woman with long hair today distributes it over her head, and if it is too heavy, has it trimmed out occasionally. The hat should come well down over the hair, and fit the head closely. The turban or beretta hat is recommended for hair in the growing stage.

"Soft, pliable, loosely woven straw hats in plain colors or multi-colored are very popular, and they will be especially comfortable for hot weather. Felt hats are still popular, for they do not go out of style as quickly as those of other materials, can be more roughly handled, and are most easily cared for.

"The new silhouette in millinery tends toward a high crown, made by plaiting and draping, but lower crowns are still in good taste. Another new feature is a two and three cornered brim, turning off the face. Hats continue simple, but they are becoming more feminine. Brims are bent back in novel ways, and provide dash and smartness. Many of the hats are high off the forehead, and are worn with no hair showing. For older women, hair showing around the face softens and flatters the face.

"The younger woman may draw the brim of her hat carelessly down on one side, and give it a jaunty appearance, but the older woman usually finds a carefully adjusted hat most becoming."

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There -- that's the best I can do, for the lady who wants help in buying her Easter bonnet. If you take my advice, you'll be accompanied by an honest friend, when you select your hat.

Now let's talk about Easter breakfasts. The Menu Specialist has sent us three breakfast suggestions. I'll give you the three, and you may choose the one you prefer:

Easter Breakfast No. 1 -- Grapefruit, with a few strawberries in the center, or a spoonful of bright jelly; broiled ham and fried pineapple; pop-overs; and a beverage.

Easter Breakfast No. 2 -- Sliced oranges; parsley omelet; coffee cake; and a beverage. If they are available, broiled mushrooms or fried tomatoes would be nice served on the platter with the parsley omelet. The recipe for coffee cake is in the radio cookbook.

Easter Breakfast No. 3 -- Stewed rhubarb; broiled liver and bacon; creamed potatoes; toasted Swedish bread; and a beverage.

I shall give you the recipe for Swedish coffee bread, for you should have it in your cookbook files. Six ingredients, for Swedish coffee bread:



2 cups milk  
1/4 cup fat  
1 cup sugar  
20 cardamon seeds, shelled, pounded fine  
1 yeast cake, and  
7-1/2 to 8 cups flour

Six ingredients -- let's repeat them, please; (Repeat)

Scald the milk, in a double boiler. Then take out 1/2 cup of the milk. When it is lukewarm, add the yeast, and stir until dissolved. To the heated milk, in the double boiler, add the sugar, salt, fat, and cardamon seeds. Stir now and then, until cool. Then add the yeast. Stir the liquid ingredients into the flour, and mix well. Knead, for ten or fifteen minutes, until the dough springs back into place when pressed with the fingers. Put the dough into a greased bowl, and grease the top lightly. Cover the dough, and keep it warm until double in bulk. The dough may be divided, if desired, and one half made into a braided loaf, and the other half into fancy shaped rolls.

For the Swedish Coffee Braid, cut the dough into three or four long pieces, of uniform size, and roll between the palms of the hands, until smooth and even; then braid. Put in a greased pan, cover, let rise, brush with a yolk of egg, slightly beaten, and diluted with 1/2 tablespoon of cold water. Sprinkle with sugar or ground nuts, and bake in a moderate oven. This bread is especially good toasted, and is excellent served with afternoon coffee or tea.

For the fancy rolls, take small pieces of dough, roll between the hands, and shape into knots, half moons, or curls. Let rise, brush with egg, sprinkle with ground nuts or sugar, and bake in a moderate oven until golden brown.

Monday: "How the Milk Supply Is Guarded."

